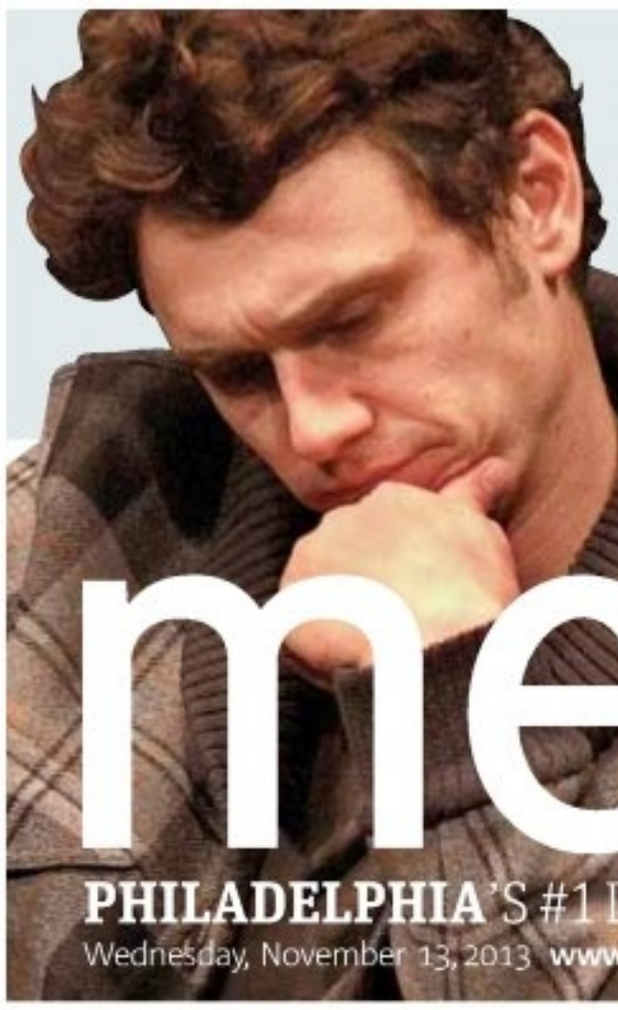

INSIDE THE VERY BUSY MIND OF JAMES FRANCO

THE RENAISSANCE MAN IS ADAPTING LITERATURE TO FILM. PAGE 12

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Please Mr. Postman. Kyle and Shauna Goodman are trying to find a box of love letters and mementos from their early years as a couple, which the post office allegedly delivered. **Outreach.** The Goodmans are contacting neighbors to help find the package, and even Reddit is involved. PAGE 02

Ice skating rink will open in the Piazza
PAGE 03

PAAFF is making an impact on Hollywood
PAGES 14-15

Brides: Say 'I do' to Mara Hoffman
PAGE 17

Cooper making statement for Eagles
PAGE 25

SIGNED, SEALED, UNDELIVERED

Kyle and Shauna Goodman, married for seven years, hope a neighbor picked up their box of mementos. / CHARLES MOSTOLLER, METRO

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1 NEWS

Top 3

What's trending at Metro.us

1 'VIDEO: Mesmerizing cross-continental domino tricks'

2 'VIDEO: Epic dance-off competition at Marine Corps Ball'

3 'VIDEO: Women fake multiple orgasms in Katz's Deli'

Local tweet

"Philadelphia Brewing Company has created something wonderful in Schwarzinger."

Ryan Olah, @holaolah, on the brew

Sought

Bank robberies suspect wanted

Philadelphia police and the FBI are looking for a man who they say robbed Citizens Bank on Tuesday and Republic Bank on Sunday, both in Mayfair.

The FBI describe the subject as a while male, in his mid-30s, about 5'8," thin to medium build with facial hair. He was wearing a black-and-white Billabong hoodie, dark pants, sneakers and eyeglasses.

Around 12:35 p.m. Tuesday, the suspect presented a demand note to the teller at the Frankford Avenue bank, took cash and fled on foot.

Authorities believe he robbed Republic Bank on Sunday, wearing a gray hooded sweatshirt with "Lynchburg Lacrosse" written on it.

This subject is considered armed and dangerous. Anyone with information is asked to call the FBI at 215-418-4000. METRO

Casting call

Spike TV wants you

An open casting call for foodies and amateur chefs will be held on Sunday, Nov. 24 at the Windsor Suites on the Benjamin Franklin Parkway in Philadelphia.

Spike TV is looking for people who "mix outrageous and unexpected ingredients to create delicious and revolutionary flavors" to compete in a new series called "Frankenfood," according to a news release.

The open casting call will be held from 10 a.m. to 5 p.m. in Philadelphia.

A New York casting call will be held Nov. 21 and Nov. 23 and in Paramus, N.J. on Nov. 22. METRO

Shauna and Kyle Goodman have been together since middle school. They married, bottom right, in 2006. / CHARLES MOSTOLLER, METRO; PROVIDED

Old City couple pines for old letters

Missing. The Goodmans hope to reclaim love letters from middle school, which had been lost once before.

Shauna Goodman's family home in California burnt down when she was a teenager.

The next morning, as she dug through the debris, she found a box full of sweetheart letters and mementos she exchanged with her eighth-grade boyfriend, Kyle.

The box, along with other pieces salvaged from the ruins, was deposited into a storage unit for safe keeping. And then the box disappeared — for 13 years.

For seven of those years, Kyle and Shauna have been husband and wife. And two years ago, the couple moved from California to Philadelphia.

About two months ago, Shauna's mother called. She had a surprise. She found the box and immediately dropped it in the mail.

The couple's excitement grew and grew. But the letters never arrived to their home.

"It was kind of depressing when I realized, 'I don't think it's coming,'" Shauna said. "After all those years they were lost, and I got so excited that they were found. And now, I'm kind of back to square one, wishing that I never knew that they still existed."

USPS tracking says the package was delivered, but after several phone calls, conversations and emails, no one can tell the couple where it was delivered.

Fliers went up last weekend in their Old City apartment building, telling the story and asking for assistance.

"I don't remember 100 percent what's in the box, but it was pretty much anything that would have been important to a junior high or high schooler with a boyfriend. Like I saved the napkin from our first date, letters we had written each other during class time, things that had we not ended up getting married would have been more or less useless to me," Shauna said. "But we've been together for a pretty long time and having those would be so awesome just to look back on."

They're hoping a neighbor accidentally picked it up, or it's headed back to California as undeliverable mail.

"We don't want to think the worst," Kyle said.

TOMMY ROWAN
tommy.rowan@metro.us

The big question

Where will they end up?

Shauna Goodman can't help but let her mind wander.

"Sometimes you go to flea markets around town and you see old letters," she said. "And I go, 'You know what, ours are going to end up in that someday.' Someone will have them somewhere and they're just going to be in a flea market, which is depressing, thinking that we could have had ours. I thought that they were missing for a really long time, like I thought they had been destroyed.

"But, they weren't," she said, "And now they're missing again."

Quoted

"It's a package that's not really valuable to anyone else aside from us. So, if we could find them, great. We figured someone in our building might have happened across it accidentally, so we'd give it a shot."

Shauna

Ice rink will open this winter at the Piazza

Busy. DJs, food trucks, a curling league and a winter market will also be featured this upcoming season.

The Piazza at Schmidt's is transforming into a winter haven as live music, classic movies and a 5,000-square-foot pop-up ice skating rink will be featured this season.

Beginning Nov. 30, the ice skating rink will be open for three months, while the Sochi Winter Olympics will play on the jumbo screen in the middle of the Piazza's courtyard.

There's already a buzz in the community about the winter events, said Piazza spokeswomen Ruthann Francis. Matt Rubin, president of the Northern Liberties Neighborhood Association, is anticipating the winter wonderland.

"Feedback has been great," Francis said. "Matt Rubin said he was thrilled. He's really helping us push this out."

The Piazza features flea markets, live music events, Phillies games on the big screen and much more throughout the summer — but the winter months in years past have been much more dormant.

"It's a really innovative use of the space we have for the winter months," Francis added. "It's exactly what the neighborhood needs."

CHRISTINA PACIOLLA
christina.paciolla@metro.us

Hours and prices

- Day passes are $5 for adults, $3 for children.
- A season pass is $75 for adults, $40 for children.
- Skate rental is $1.
- Hours will be 4-10 p.m., Monday to Thursday; 4-11 p.m. Friday 4-11 p.m.; 11 a.m. to 11 p.m. on weekends.

Pop up store opens in Chestnut Hill

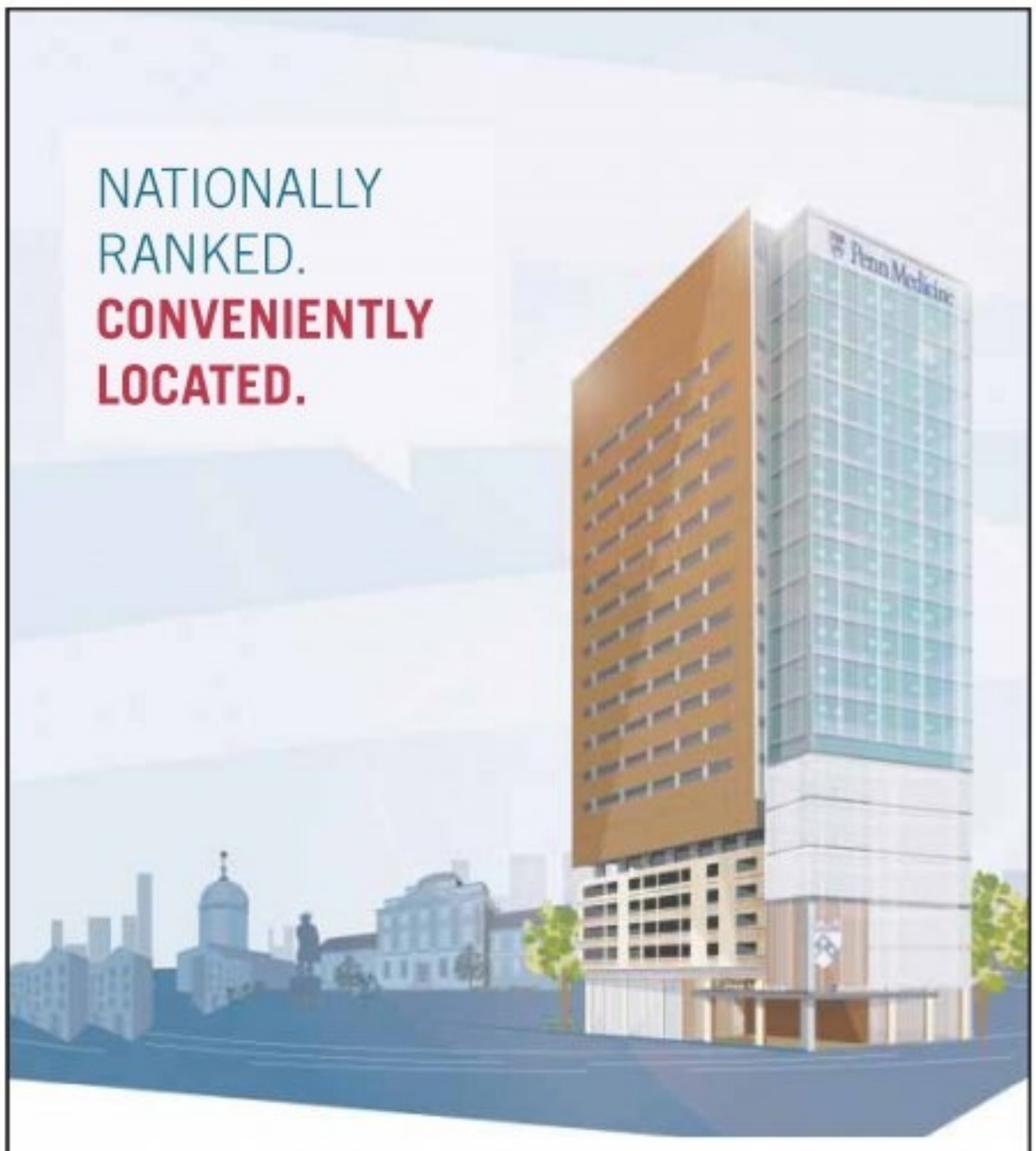
Kim Emmons, retail manager for the Philadelphia Horticultural Society, arranges plants at the PHS' new pop-up store in Chestnut Hill on Tuesday. The store opened over the weekend and will stay open through the holiday season. / CHARLES MOSTOLLER, METRO

Toy drive

Tony's Metro Magic

Join Metro in giving to a local child in need this holiday season. Here's how: Look for the Tony's Metro Magic logo on our website, www.metro.us. One click on the logo will take you to a Wish List we have set up via a secure link on ToysRUs.com. Once there, you can see all the toys we've already requested for kids, with more being added daily. Simply select the toys you want and purchase them. That's it! Selecting only the toys on our Wish List ensures that all the gifts will be shipped to our offices. If you donate, email Metro at charity@metro.us letting us know what you gave, and we'll print a "thank you" in the paper.

METRO



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Mayor Nutter. 'The world is getting to know Philadelphia'

Mayor Michael Nutter said his 10-day trip to Israel and the United Kingdom was successful, and he found overseas companies have "tremendous interest in our city."

Nutter returned to Philadelphia on Tuesday after going to about 50 meetings with politicians and business owners, according to a news release. He also participated in the Word Travel Market in London.

"We need to be much more aggressive in promoting ourselves and telling our story," he said in the release.

Danny Lopez, British Consul General to New York and Philadelphia, said Nutter's visit "established valuable connections to U.K. industry during their visit."

Mayor Nutter and his team while overseas met with: Israeli President Shimon Peres and Prime Minister Benjamin Netanyahu; the Mayors of Tel Aviv, Jerusalem and Bethlehem; Former British Prime Minister Tony Blair; and more.

CHRISTINA PACIOLLA

Highlights

The Philadelphia Orchestra will tour Europe in 2015.

- Drexel University with the Children's Hospital of Philadelphia signed a new research partnership with Hebrew University in Jerusalem.
- British technology company GuardianMPS announced that it would locate its U.S. headquarters in Philadelphia.

Does that mustache keep you warm?

Despite the frigid temperatures on Tuesday, a brightly colored bike messenger — dressed rather stylishly — braved the wind on his deliveries in Center City. / CHARLES MOSTOLLER, METRO

Gunfire

Two men shot

Two men were injured by gunfire in Southwest Philadelphia on Tuesday.

The men were shot at 61st Street and Greenway Avenue about 4:30 a.m. They then drove about 13 blocks to get help from one of the men's girlfriend, who took them to a Delaware County hospital.

It is believed the men were shot during a robbery attempt. METRO

Mauled

Bucks County native killed by cougar

Bucks County native Renee Radziwon, 36, was killed by a cougar in Oregon over the weekend at WildCat Haven while cleaning out an animal enclosure. METRO

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Safety. Connecticut adds $16 million to boost school security

Connecticut on Tuesday released an additional $16 million in state funding toward boosting security at school buildings, nearly a year after a gunman massacred 26 people at the Sandy Hook Elementary School in Newtown.

The funding follows an initial release of $5 million in September to pay for additions including bulletproof glass, panic alarms, surveillance cameras and other technology. Most of the initial funds were meant for Hartford, the state capital city and Bridgeport, its largest city.

"This allows us to continue to get resources out to the cities and towns that have begun work to modernize their security infrastructure and ramp up safety procedures at school buildings in the wake of the horrific events on [Dec. 14, 2012]," said Gov. Dannel Malloy at a gathering in the town of Farmington focused on school security.

Malloy said the new funds, some generated through issuing state bonds, would be made available to 435 schools in 75 school districts, bringing the total number of schools with state security funding to 604 schools in 111 districts. REUTERS

Quoted

"We must do everything possible to ensure that our students and teachers are safe."
Gov. Dannel Malloy

Newtown was shaken on Dec. 14, 2012, when a gunman walked into Sandy Hook Elementary School and opened fire, killing 20 young children and six faculty and staff. / GETTY IMAGES

New study

Being a bully linked to casual, risky sex

Teens who bully other kids, or are both bullies and bullied themselves, are more likely to engage in risky sex, according to a new study. That's especially the case among heterosexual teens, researchers say.

"Some previous research has found that aggression and sexual risk-taking are related, so it was not entirely surprising that bullies and bully-victims reported more sexual risk-taking than their peers," Melissa K. Holt said.

What's more, some research has found that kids and teens cope with being bullied by using drugs or alcohol, for instance. Acting out sexually may be another way young people respond to bullying, Holt told Reuters Health.

She led the research at the Boston University School of Education.

The study included almost 9,000 high school students from 24 schools who completed a survey about bullying and sexual behavior. REUTERS

Teens / COLOURBOX

Supreme court

Justices decline to hear second Oklahoma abortion case

The U.S. Supreme Court on Tuesday declined to review a decision striking down an Oklahoma law that required any woman seeking an abortion to be shown an ultrasound image of the fetus beforehand.

By refusing to hear the case, the high court left intact an Oklahoma Supreme Court ruling that struck down the law on the basis that it violated the U.S. Supreme Court's precedent on abortion restrictions.

It was the second time in two weeks that the high court had declined to review an Oklahoma court ruling that struck down an abortion restriction.

Last week, the court dismissed another case concerning a state law in Oklahoma that cracked down on the use of the abortion-inducing drug RU-486. REUTERS

Weighed Down by Weight Issues?

Bariatric surgery may be the answer.

"Having bariatric surgery was like going through a break-up. Eating was my best friend. Fortunately, I met some new people – Jefferson's Bariatric and Metabolic Surgery team. The unique way Jefferson's medical and surgical weight management experts collaborate, they've helped me lose 107 pounds and counting. And it wasn't just the minimally invasive surgery that did it. The team at Jefferson was so supportive, even to this day, I pretend Dr. Tichansky, Alise and Michelle are standing behind me when tough choices come my way. Because my old friend, food, will always have its charms. But my new life is even more tempting."

Read my entire story and register to attend one of the free seminars listed below at *jeffersonhospital.org/myweightloss*

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Jefferson at the Navy Yard: December 4

Jefferson's Methodist Hospital: December 10

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Push. New Obamacare sign-up effort aligns with expected site fix

A new push to sign up Americans for insurance under President Barack Obama's health-care law will begin in December, when the government's faulty enrollment website is expected to work better, an advocacy group leading the campaign said.

Technical problems with the HealthCare.gov website since it opened Oct. 1 has hindered enrollment and undercut momentum for organizations such as Enroll America, which has led efforts to explain benefits to consumers in 10 states.

The Obama administration is racing to fix the website by Nov. 30 so that people who want benefits to start on Jan. 1 can enroll in time under the 2010 Affordable Care Act.

REUTERS

Protest

Albanians angry with US over Syrian chemical weapons

The prospect of Syria's chemical weapons being dismantled in Albania caused protests in the capital Tirana on Tuesday, exposing a rare dent in the NATO member's loyalty to the United States.

Hundreds protested in front of the U.S. embassy in the Adriatic republic, chanting "Albania is ours" and holding banners that read "Yes, we can say 'No'." REUTERS

US, UK send warships to help speed relief efforts

A woman carrying a child cries as other survivors of Typhoon Haiyan wait to board a C130 aircraft during the evacuation of hundreds of survivors of Typhoon Haiyan on Tuesday. / GETTY IMAGES

Philippines. Toll expected to rise as rescuers reach devastated towns.

The United States is sending an aircraft carrier to the Philippines to help speed up relief efforts after a typhoon killed an estimated 10,000 people in one city alone, with fears the toll could rise sharply as rescuers reach devastated towns.

The USS George Washington aircraft carrier should arrive in 48 to 72 hours, the Pentagon said, confirming a Reuters report.

A statement said crew from the George Washington, which carries some 5,000 sailors and more than 80 aircraft, were being recalled early from shore leave in Hong Kong and the ship was expected to be under way in the coming hours. Other U.S. Navy ships would also head to the Philippines, it said.

The Philippines has been overwhelmed by the scale of Typhoon Haiyan, one of the strongest on record, which tore a path through islands in the central Philippines on Friday.

Rescue workers were trying to reach towns and villages on Tuesday that have been cut off, which could reveal the full extent of the loss of life and devastation from the disaster. REUTERS

Quoted

"We're sadly expecting the worst as we get more and more access."

John Ging
Director of operations at the U.N. Office for the Coordination of Humanitarian Affairs

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Air Force. Trial of officer accused of groping woman begins

The trial of an officer accused of groping a woman while he headed the U.S. Air Force's sexual assault prevention unit began yesterday in a Virginia courtroom.

Lt. Col. Jeffrey Krusinski is facing a jury trial in Arlington County, outside of Washington, on a misdemeanor charge of assault and battery for allegedly groping a woman in a Pentagon parking lot in May.

Krusinski was the head of the Air Force's sexual assault prevention and response branch, and his arrest took place the same week that the Pentagon reported that unwanted sexual contact complaints jumped 37 percent last year.

Commonwealth Attorney Theo Stamos told Reuters she expected the trial to last two days.

REUTERS

Case facts

Krusinski was originally accused of sexual battery, but prosecutors revised the charge to assault and battery in July, saying it was a more appropriate charge.

- After he was charged, Krusinski was moved to another military personnel job.

By the numbers

12

If convicted of assault and battery, Krusinski faces a maximum penalty of up to 12 months in jail.

$2.5K

He would also face a fine of up to $2,500.

US Airways, AMR reach antitrust settlement

US Airways Group Inc. and American Airlines will give low-cost competitors more access to a half dozen key U.S. airports, including New York and Washington, D.C., in exchange for permission to merge and create the world's largest airline. The agreement announced on Tuesday settles a government lawsuit filed in August that argued that US Airways and AMR Corp., parent of bankrupt American Airlines, should be forced to scrap the merger because it would hinder competition and lead to higher fares. It is a compromise for the airlines, which will divest a number of takeoff and landing slots at Reagan National Airport just outside Washington, D.C., and at New York's LaGuardia Airport, both busy airports with limited capacity. At Reagan, the airlines will shed 52 slot pairs of nearly 300 total held by the two carriers, a move that affects 44 daily departures, said AMR spokesman Casey Norton. A slot pair is a set of scheduled times for a takeoff and a landing at the same airport. The carriers agreed to divest 17 slot pairs at LaGuardia. **REUTERS** / GETTY IMAGES

Apple picking time

iPad Mini with retina display goes on sale

Apple Inc. began selling its iPad Mini with retina display on Tuesday, with a starting price of $399.

THE IPAD MINI
GETTY IMAGES

Apple launched the thinner and lighter version of its tablet called "iPad Air" on Oct. 23 and said an upgraded version of the iPad Mini will go on sale this month.

While Apple announced the product earlier, the exact date when the iPad Mini would go on sale was not known.

The iPad Mini includes a higher resolution screen and the A7 chip used in iPad Air and the new iPhone 5S.

REUTERS

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Incoming comet heading for the sun

A comet is heading for a close encounter with the sun later this month, and if it is not vaporized or torn apart, it should be visible to the naked eye in December.

Comet ISON is expected to pass just about 621,000 miles from the sun's surface on Nov. 28.

Scientists are not sure how ISON will hold up. As it blasts around the sun, traveling at 234 miles per second the comet will be heated to about 5,000 degrees. **REUTERS**

COMET ENCOUNTER
GETTY IMAGES

Body part

Dog finds human leg, owner buries it

A 93-year-old Washington state man, whose dog returned home with a human leg it had found, buried it in his backyard on an Indian reservation to avoid being suspected of a crime, a local official and media reports said.

The dog found the unknown person's leg last week on the Nisqually Reservation, roughly 60 miles south of Seattle, Thurston County Sheriff's Office spokesman Tim Rudloff said late on Monday evening. **REUTERS**

MAN'S BEST FRIEND
COLOURBOX

Slushy little snowman

A small snowman sits on a table with the Cloud Gate (also known as The Bean) in the background in Millennium Park on Monday in Chicago. The snowfall was the first of the season for the city. / GETTY IMAGES

Banks. Cyber attack 'war game' tests London's lenders

A cyber attack by a foreign government on financial markets played out in one of London's historic halls on Tuesday in a "war game" simulation designed to test the city's defenses against online saboteurs.

Regulators and companies are growing increasingly concerned about the threat of cyber crime to the banking system, including the impact of coordinated online assaults or hacking attacks on specific lenders. The Bank of England has told banks to strengthen their defenses against cyber attacks.

One unidentified London-listed company incurred losses of 800 million pounds ($1.3 billion) in a cyber attack several years ago, according to British security services.

Tuesday's five-and-a-half-hour event involved simulations designed to test how well banks and other market players communicate and coordinate with authorities and each other, sources told Reuters. **REUTERS**

Financial safety / COLOURBOX

Participants

100

About 100 bankers, regulators, government officials and market infrastructure providers gathered to take part in a exercise dubbed "Waking Shark II" at Plaisterers' Hall in the heart of Britain's financial district.

ADVERTISEMENT

USED CARS As low as $999 FRED BEANS REPEATS HISTORIC USED CAR SALE

Limerick, PA - Fred Beans, CEO and Founder of the Fred Beans Family of Dealerships located in Limerick PA, has announced a **ONE DAY SALE** on Saturday, November 16th at 9:00AM, where pre-owned vehicles will be sold for as low as **$999**. This sale is being held due to overwhelming public demand.

Cars will be clearly marked, so come early for the best selection. This is a **ONE DAY ONLY** sale designed to get the local community driving again.

Fred Beans' pre-owned inventory levels need to be reduced to make room for shipments of new models arriving daily. As a result, **all 3 Fred Beans Limerick locations are selling these overstocked pre-owned vehicles to the public at drastic discounts in an attempt to clear excess inventory.**

In addition to this huge variety of pre-owned vehicles, the Fred Beans Family of Dealerships in Limerick features new Chevrolet, Nissan and Kia vehicles.

Fred Beans believes reviving the economy starts at home, and changing things locally will lead to changing things nationally.

In addition to the Fred Beans Family of Dealerships' extra inventory, additional vehicles have been acquired at incredible prices from various banks, repossession companies, auto auctions, credit unions, lease companies, and rental companies for this sale.

The sale will make pre-owned vehicles available for as low as **$999**, prices not normally offered to the general public. According to Fred Beans, ***"We want to give our customers a reason to believe in the local economy again. Someone has to look out for their best interests."***

Customers are encouraged to arrive and register by 8:15AM to inspect the entire inventory and find the car that is right for them. Every vehicle will be cleaned, detailed, and fully prepared for instant delivery. On the evening of November 15th after close of business, Mr. Beans and his team will mark the special sale price on each and every vehicle.

Because Fred Beans' customers are feeling the credit crunch right now, the Fred Beans Automotive Group has given the dealerships' financing managers the resources necessary to get most customers' credit approved on the spot.

The Fred Beans Family of Dealerships has $10,000,000 in lending power, the result of over 50 years of strong relationships with the area's leading lenders. This means that customers with "less than perfect" credit history can have their credit approved and drive a quality pre-owned car, truck, or SUV home by lunchtime on Saturday.

Even if a customer's credit report shows a bankruptcy, divorce, tax lien, slow payment history, missed payment, or repossession, or if a customer is a first time buyer, Fred Beans may get them approved.

This special **ONE DAY ONLY** sale will be held at all 3 Fred Beans Limerick locations this Saturday, November 16th, at 9:00AM.

Pre-owned vehicles will be sold for as low as **$999**. Customers are encouraged to arrive and register by 8:15AM for the start of inspection. Incredible sale prices, starting as low as **$999**, will be posted no later than 8:00AM. All vehicles will be sold on a first come, first serve basis. The Fred Beans Family of Dealerships is expecting a high volume of customers for this sale, so be sure to reserve your spot early.

Customers wishing to trade in a vehicle are asked to bring their title or payment book for immediate delivery. Fred Beans will even pay off your trade-in in full, no matter how much you still owe on it.

Most of these surplus pre-owned vehicles will get sent directly to auto auctions for liquidation. So, if anyone has been thinking about purchasing a good, clean, dependable pre-owned car, truck, van or sport utility vehicle, do not miss this special **ONE DAY ONLY** sale.

Courtesy transportation available from all local airports, train stations and bus depots.

For more information about this sale and directions to our locations please visit us online at

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*At least four vehicles on Fred Beans' lots will be sold for as low as $999 on November 16th, 2013. All offers to qualified buyers. Cannot be combined with other offers.

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Metro exclusive

DOUGLAS COUPLAND

Douglas Coupland is a Canadian writer, artist and designer. His first novel was 1991's "Generation X: Tales for an Accelerated Culture." His novella, "Temp," of which this is the eighth installment, will be running online and in the pages of your daily Metro each weekday through Nov. 29.

Day 8: Temp stumbles upon a shootout

"Get back!" A policeman standing in front of the yellow-taped off parking lot barked at us to move. We saw police snipers on the roof.

"This episode with gun create many unglorious feng shui problems." / COLOURBOX

Sarah No. 3 was close by and we asked what was happening.

"Kevin Taylor is bunkered inside the remains of the warehouse."

"And…?"

"He says he's going to kill himself."

"Oh God. Any hostages?"

"They don't think so."

Talk about drama. Just then, the Shoeman and his father, Xu Senior, pulled up across the street and came over. We filled them in. Xu Senior went in pursuit of more info while, as per our agreement, Shoeman pretended to speak English as though he'd been taught in Peoples' Glorious Education Facility Number 43,607: "This episode with gun create many unglorious feng shui problems. May jeopardize once benevolent deal to buy company."

The Sarahs both saw their buyout stake evaporating, panicked, and went to hunt for Mel from Payroll.

Shoeman reached into a Whole Foods paper bag for snacks. Once the Sarahs were out of earshot I asked him what he was eating.

"Two hundred bucks' worth of raw unfarmed British Columbia salmon. Nothing like it for marathon training. Want some?"

"Ick, no thanks. Would a shooting really kill the sale of the company?"

"My dad's totally old school. He can't buy a building someone's died in. A standoff like this could be just as bad. I could care less, but I think we have to fly back to China tonight and discuss this with the family."

"Really?"

"Yup. Which also upsets my training schedule, because yesterday I found this perfect running track nearby — an elementary school they closed because of tax cuts. The soft unmown grass is perfect on my feet."

I grew worried… "What about …what about our secret plan?"

He winked at me. "One day at a time, Shannon. By the way, I was guest at a poker night and I found out what they make at the defense contractor next door there."

"What?"

"In-dash beverage caddies for drones."

"My sister would love that — hey wait, drones are unmanned!"

"Gotcha."

Then shots rang out. Holy crap! We ran and ducked behind a pickup. It was like in the movies: guys in black running across the roof, with more guys closing in from all sides. I was really frightened Kevin would get killed. He's a nice guy but life simply hasn't been too kind to him lately.

There was some silence and then we heard squeaking wheels, like a child's toy wagon. A moving dolly rolled out of the open double-wide doors of the warehouse. Duct-taped on top of it was a poorly made effigy of Kevin from the waist up. It was holding a broomstick as a rifle and was shot through with bullets.

"Uh oh."

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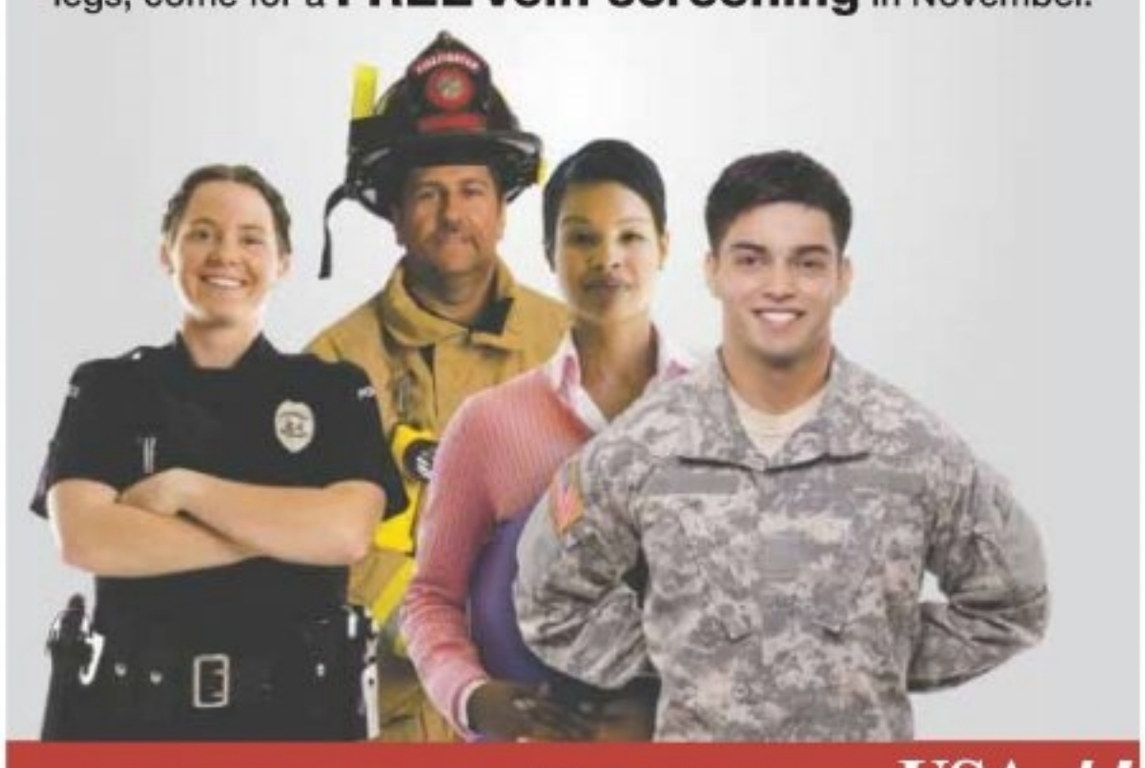

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1 Everyone is freaking out over this dress

I am in the Jennifer Lawrence Can Do No Wrong camp. She could wear a coonskin cap and shoes made out of coconut husks and I'd be like, "Brava!"

But the critics don't feel the same way — they are after her big time about the Christian Dior dress she wore to "The Hunger Games: Catching Fire" London premiere on Monday.

"It honestly looks like someone crushed a bunch of multi-colored suckers and stuck them onto the bottom half of this dress," opined one blogger. And in a post titled "Catching Fire Premiere Or A Project Runway Fashion Show (You Make The Call)," Dlisted asked, "How can you explain wearing Sandra Lee's best tablecloth (she needs it back for her Glitzy Glamour Christmas tablescape) to a movie premiere?"

2 Can Justin Timberlake and Julia Roberts take the heat?

For Timberlake, a guy who's been beloved his whole career, the change in public perception is bound to be bewildering. / ALL PHOTOS GETTY IMAGES

Who would have thought two of the most beautiful, successful people on the planet — Justin Timberlake and Julia Roberts — are also two of the most thin-skinned?

Granted, Timberlake has had a tough autumn. His film "Runner Runner" and his album, "The 20/20 Experience: 2 of 2," were both panned by critics. Variety even ran a piece titled "Why Justin Timberlake Should Stop Acting."

For a guy who's been beloved his whole career, the sudden change in fortune is bound to be a bit bewildering. "Where did all this vitriol come from? It's mean. And I'm not cut out for it," he told GQ. "The movie didn't do well at the box office, so I should quit? I have the No. 1 album this week, and I shouldn't have released it? Come on, man. You sound like a d-ckhead."

Meanwhile, in a Marie Claire interview, Roberts claims she stays away from the Internet. "I have too much potential for collapse. There's an anonymity that makes people feel safe to participate in hatefulness. I like a good old-fashioned fistfight."

THE WORD

Dorothy Robinson takes on the world of gossip

2 CULTURE

Twitter feed

We check in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Alec Baldwin is being very vague, Lindsay Lohan is staying positive and Steve Martin is figuring out the game.

@ABFalecbaldwin: Will we die never knowing?

@lindsaylohan: take a deep breath, and try again...

@SteveMartinToGo: Twitter followers increase by dozens during "sexy Tweets."

3 Lady Gaga worries about Perez Hilton. A lot.

A feud with blogger Perez Hilton shows no sign of cooling, with Lady Gaga revealing that his getting an apartment next to hers in New York has made her very, very nervous.

"Everyone can hate me from afar, but the second you try to move in next door to me, I know you're getting too close and it's not safe," she tells USA Today. "If you hate someone and you want to move next door to me, the only thing I can think of is that you're moving in because you want to blow yourself up."

Remember though, earlier this week Gaga admitted to radio host Elvis Duran that she had been smoking as many as 15 to 20 joints per day during a bout of "pot addiction." And that's, ah, quite a bit. So perhaps some paranoia is understandable?

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JAMES FRANCO

Adapting difficult novels into films has become the actor/director's latest "thing."

FRANCO, FAULKNER AND FACEBOOK

GETTY IMAGES

As you may have heard, James Franco has been busy. In addition to being a prolific actor (he squares off against Jason Statham in "Homefront" in a couple weeks), he's also a prolific director who's particularly drawn to novels deemed unfilmable. His take on William Faulkner's "As I Lay Dying" — which played at the Toronto Film Festival this year along with his film of Cormac McCarthy's "Child of God" — has just arrived on DVD. And in addition to "Actors Anonymous," his new book of short stories, he's promising an adaptation of Faulkner's "The Sound and the Fury" next.

Franco on literary adaptations: "What I figured out with even my short films based on poetry is if I use a literary source that is somehow stylistically interesting or stylistically unconventional or just complex, it will push me as a filmmaker in new directions. It will take me out of conventional ways of filmmaking," he explains. "If I'm going to direct a film, I don't want to just do a nice job at something that you've kind of seen before. I want to explore new stuff. And I think that's one of the reasons that I don't just act.

"There are stories that I love that I just don't think would be told. 'As I Lay Dying' has been around for 80 years. Nobody's made it. So I made it. There's this old adage that great books make bad movies and bad books can make good movies, like 'The Godfather' — I mean, it's not a bad book, it's just kind of a dime-store thing. I don't think that's completely true, but what I think is true about it is when people love a good book, it's not just because of the story, it's because of the way it's written, the style, the structure. Something that works in a book won't necessarily work in a movie in the exact same way. You have to translate the style. And I love that. That's, I guess, become my thing."

Quoted

"There are stories that I love that I just don't think would be told. 'As I Lay Dying' has been around for 80 years. Nobody's made it. So I made it." Franco

Franco on Franco: "The way that we look at ourselves is forever changed because of the way our own images are distributed, the way we distribute them, the way we reshape them. It's tied up with public image, celebrity and our relationship to that," Franco says. "I really view ... my relationship to my public image as something that is just maybe a larger projection or a larger, more extreme version of the way someone projects him or herself on Facebook, photos that he or she decides to post, what he or she decides to write, how that public image is crafted."

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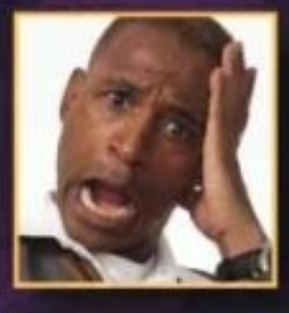

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TV Watch List

SUSPENSE

'American Horror Story: Coven'

Is this is the best season yet? Maybe. Because there are some bad bitches running amok in N'awlins. It doesn't hurt that they've put together an all-star cast of iconic actresses — Jessica Lange, Kathy Bates and soon, it's rumored, the white witch of rock herself, Stevie Nicks. Tonight, the girls play with a Ouija board. That's not going to end well.
10 P.M., FX

COMEDY

'Burning Love'

In the new season of this Ben Stiller-produced show spoofing "The Bachelor," comedian June Diane Raphael stars as the lucky gal with hordes of suitors vying for her affection. **SEASON PREMIERE, 10:30 P.M., E!**
ALEXANDRA CAVALLO

SURVIVAL

'Bear Grylls: Escape From Hell'

If anyone can do it, it's Grylls, who climbed inside a camel carcass for warmth on "Man vs. Wild." Nothing says cozy like a Snuggie of carrion flesh. In this six-part series, he gets into life-threatening scenarios ... and tries to survive them. **10 P.M., DSC**

This man can survive pretty much anything. / TITO HERRERA

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Moving the needle

Movies. The Philadelphia Asian American Film Festival shows a growing cultural force in the country.

When Brian Yang read his first headline extolling Jeremy Lin's athletic prowess, he was taken by surprise at the uncommon spectacle of a fellow Asian-American making an impact on the basketball court. "People aren't used to seeing Asian names and faces in non-traditional ways, and in this case even I reacted," Yang recalls. "But any time there's a story that puts an Asian face into the mainstream spotlight, I think it moves the needle in the right direction."

Yang is doing his part to move that needle as an actor, best known for his recurring role as forensic scientist Charlie Fong on the new revival of "Hawaii Five-0" and as a producer at 408 Films, which produced the documentary "Linsanity," tracing Lin from his beginnings in the NBA through the titular pop culture phenomenon. 408's latest production is "Someone I Used To Know," an ensemble drama co-starring Yang that will open this year's Philadelphia Asian American Film Festival.

Now in its sixth year, PAAFF will screen a dozen features and four short films over the next 10 days at International House and other venues. Thursday night's screening will be followed by a Q-and-A with Yang and director Nadine Truong and the festival's

West Liang, Eddie Mui and Brian Yang star in

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n "Someone I Used to Know." / PROVIDED

opening night reception.

Raised in the Bay Area, Yang is a California boy who found himself in Philadelphia, enrolled as a grad student in Temple University's physical therapy program while pursuing acting on the side. He left school when he landed a part in Philadelphia Theatre Company's 1999/2000 season production of Margaret Edson's "Wit." After that, he says, "I took a leave of absence from school, finished the run of the play, moved to New York and never looked back."

During his first few years in NYC, Yang worked a day job that wound up changing his perception of the entertainment business. "Working in the corporate environment for so long," he says, "I developed a business mind-set and thought I should put this acumen that I'd developed together with the world of film and entertainment."

That led to the formation of 408, and almost turning down a role in "Someone I Used To Know," which centers on three high school friends reuniting for a night of drunken revelations. "I always have my producer hat on, and I thought this would be a tough sell," Yang admits. "But as an actor, I don't often get the opportunity to play fully realized, three-dimensional characters that have nothing to do with my race. And I'm glad I did it."

SHAUN BRADY
letters@metro.us

Fest highlights

'The Gauntlet'

Five strangers awaken in a sunken castle beneath the Earth in this horror film featuring Bai Ling and Dustin Nguyen. **(Nov. 15, 6:30 p.m., International House)**

'Innocent Blood'

A retired federal agent turned college professor has to draw on his old skills when his son is kidnapped in Sun Kim's thriller. **(Nov. 16, 7 p.m., International House)**

'The Playback Singer'

A family drama about a jungle-gym architect whose life is disrupted by the arrival of his father-in-law, an irascible Bollywood playback singer. **(Nov. 17, 6 p.m., International House)**

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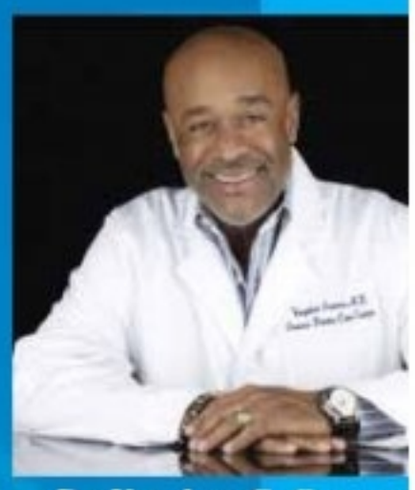
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FringeArts.
Playwright and actor Thaddeus Phillips talks adventures in travel.

Thaddeus Phillips turns a minimalist set into a train, a chairlift and other modes of transport in "17 Border Crossings." / MARK SIMPSON

In more than 20 years of traveling to research or perform his shows around the world, Thaddeus Phillips has racked up his share of stories. "Having officials plant cocaine in your suitcase in Colombia — I really liked that one," Phillips says with a heavy dose of sarcasm. "Witnessing severe smuggling happen, stuff getting thrown out of trains. Cuba has all these internal borders, so trying to navigate those is an experience."

Whether humorous at the time or only in retrospect, those scenes of mishap while crossing one border after another have piled up like outtakes from a film. With his latest piece, "17 Border Crossings," Phillips turns those stories into 17 short scenes, each one recounting a single incident with its own particular style.

"The Serbian scene will feel like an Emir Kusturica film," Phillips says, citing the director of "Underground" and "Time of the Gypsies." He continues, "The Cuba scene will feel like a Tropicana floor show. They each have their own color and flavor that suits the countries."

For his latest one-man show Phillips is collaborating with his mentor, U.K. theater artist Patrick Kealy, as well as director Rebecca Wright of Philly theater company Applied Mechanics and Tony Award-winning sound designer Robert Kaplowitz. As always, Phillips creates multiple scenes and environments from extremely minimal elements — in this case, a desk and a fluorescent light bar, which become a train, a ferry or a chairlift at various moments.

"It starts off as a kind of classical solo monologue show," Phillips says. "But then it quickly becomes something much more complicated. We end up having a lot without actually having anything, which is a cool metaphor for a border, since they don't actually exist. We just make them up."

That applies for psychological borders as well as physical ones, as the show draws out. While not being explicitly political, there are, of course, political implications to how each of these countries plays gatekeeper, with the specters of famous border transgressors like Edward Snowden hovering nearby. "Some places are really lax and kind of goofy [while] other places are overly serious," Phillips says, "so it's a fun way to look into different countries."

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Here comes the bohemian bride

Debut line. Mara Hoffman launches her first-ever bridal collection.

All dresses available at MaraHoffman.com. / OLIVIA MALONE

You may know designer Mara Hoffman for her colorful, tribal-inspired bathing suits or caftan-like dresses, which instantly transport you beachside in Tulum. Last week, the designer, known for her bohemian wears, launched a bridal collection perfect for the free spirit who wants to say "I do" barefoot in the sand or on a prairie somewhere.

Hoffman started the collection after several customers and friends special-ordered pieces for their big day, including jewelry designer Pamela Love, whose outdoor wedding was featured in Vogue last June.

"We had so many requests, we thought it would be a nice thing to give to our customer at an affordable level — and really stay true to who our customer is. She's someone who isn't necessarily able to spend $5,000 on a dress," says Hoffman.

The designer and her team started researching prices in other affordable bridal markets, like J.Crew and Anthropologie's BHLDN line.

"We wanted to see what was out there and be able to offer more," she says.

Her line, titled "Devotional," retails between $300 to $1,700 and includes four gowns made in silk georgettes and with intricate beadwork. There's also a bustier and long skirt set, a veil and, of course, two swimsuits perfect for those seaside nuptials.

TINA CHADHA
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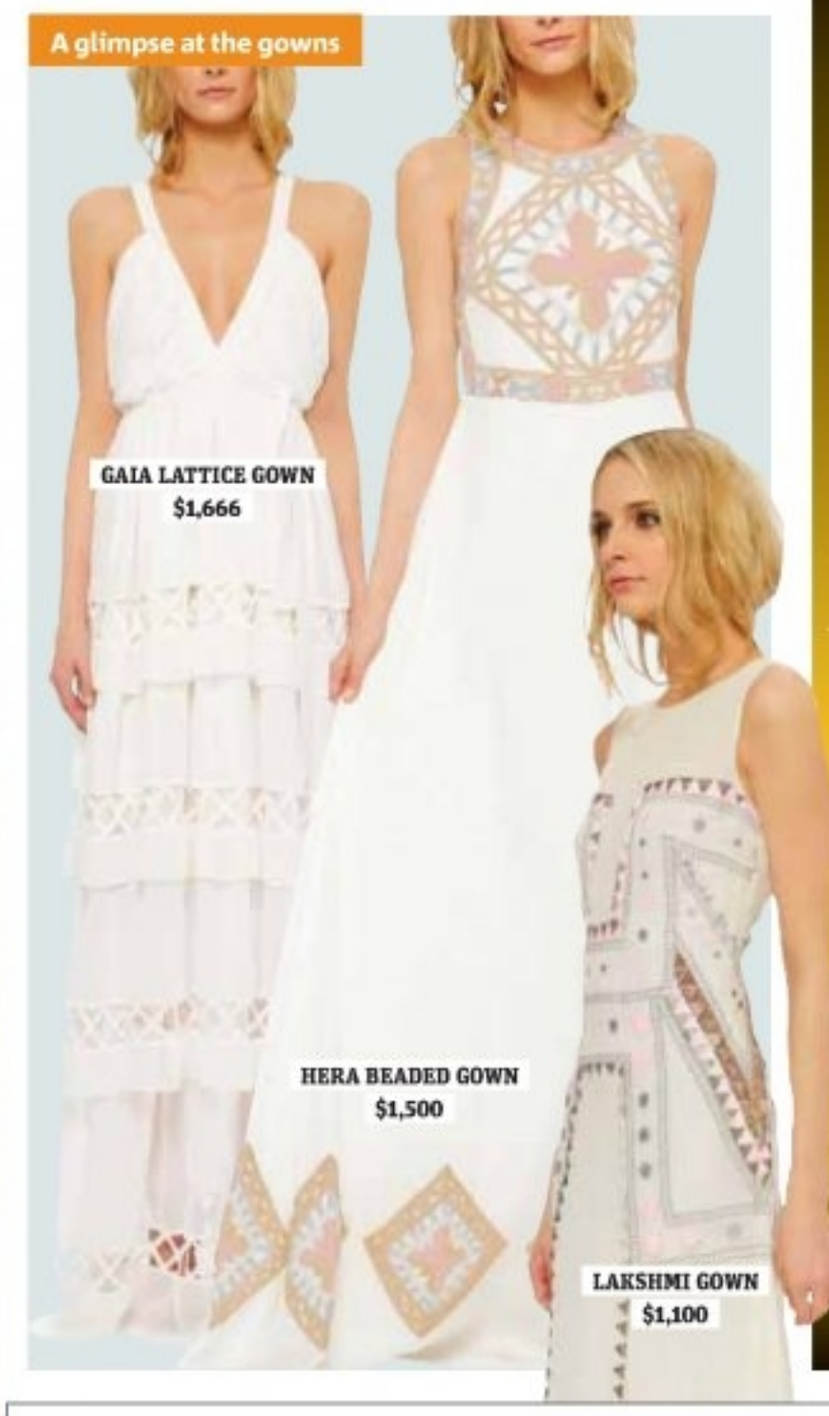

PLUS
More with Hoffman
How would you describe your bride?
I like to think of her as the spontaneous bride. She's not someone who's necessarily planning for a year and a half. She might be the runaway bride in the sense they get engaged and she's running off to the beach and needs something fantastic to wear. She's a little bit more laid-back, a true bohemian.
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FRP Friends Rehabilitation Program, Inc.

Love Your Park volunteers cleaned up Wissinoming Park last spring. / CHARLES BOURIL

Spruce up the neighborhood

Day of service. A little elbow grease goes a long way for local parks.

This Saturday, join your neighbors and pitch in for the fall installment of Love Your Park, a citywide day of service that brings community members together to spruce up 78 parks in Philly.

The spring version of Love Your Park, which is run by the city's parks department with support from Fairmount Park Conservancy, lasts an entire week, but in the fall we just get the one day — but even one day can make a big difference, promises Erin Engelstad, park stewardship coordinator at Fairmount Park Conservancy.

"Healthy parks make healthy neighborhoods," she says. "Often, a park is the center of the community."

Raking, planting and trash removal are all on Saturday's agenda. But the goal goes beyond beautification. "We believe that we are in partnership not only with the city, but also with friends and community groups," Engelstad says, referring to local "friends" associations that care for parks and other neighborhood spots. "These days [of service] are important for friends groups and neighborhood volunteers to organize around a goal. This way they can reach out to neighbors and show them that they are there, helping."

One example is the recently revamped Manton Street Park, named the Best Transformed Lot by the Campaign to Take Back Vacant Land. Mayor Nutter will be on hand on Saturday to cut the ribbon and officially open the new pocket park.

JULIA WEST
letters@metro.us

Prepare

Tips for new volunteers

Are you a first-timer? Plan your day accordingly. "Bring water and work gloves if you have them," says Engelstad. "Try to communicate with the organizer beforehand. And know your physical capabilities — don't do anything that you do not feel comfortable doing."

Sign up

Get involved

Check out the volunteer page at www.loveyourpark.org to sign up and pick the top three parks where you'd like to volunteer. Each park listed shows how many more volunteers are needed. If you need more incentive, head to one that's incorporating other activities, like the Folk Fest at Saunders Park in Poweltown Village. The festival takes place after the cleanup and is being put on by the People's Emergency Center, an organization dedicated to neighborhood improvement.

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THE NEW PLAYSTATION 4 SYSTEM WILL ENSLAVE US ALL

Sidescroller

LAWRENCE BONK
LAWRENCE.BONK@ METRO.US

It's been seven long years since the PS3 took those first tentative steps into our living rooms. Now, like a politician who knows his or her time is up, it is stepping down in favor of someone with eight times the CPU power. (Wait, what?) Behold the PlayStation 4.

PlayStation 4

Company: Sony
Cost: $400
●●●●● (until more games come out)

This is a gaming machine through and through. The specs are through the roof, the controller is miles above the not-so-great DualShock 3 and the UI is both usable and fast. It's like Sony went through a laundry list of complaints about the PS3 and fixed each and every one. System updates are fast. Games can be streamed to the Vita for remote play with no great fuss. The console's architecture makes game development easy for people whose programming knowledge doesn't start and stop with the movie "Hackers."

What kind of brand new stuff did Sony bring to the table? The answer is: power, first and foremost. This will run some amazing titles down the line. For now, however, the pickings are fairly slim. That's just how things tend to go with system launches. The controller, also, has been totally revamped, adding touch capabilities and a button for sharing your play session. This functionality creates a livestream so others can "ooh" and "ahh" at your accomplishments. Something tells me this is going to lead to a great many adults being made fun of by 12-year-olds. Cool!

On the games front, the standout launch title is "Killzone: Shadow Fall," which offers competent FPS action in a world so gorgeous you may throw up. "Knack," a 3-D platformer aimed at the whole family, is also pretty fun.

"Killzone: Shadow Fall" is one of the few games right now on the PlayStation 4. / SONY

Apps

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Homeowners worried about security while away have a range of new smartphone apps to monitor their property and notify them if there is a problem.

Viper Connect monitors homes and cars. The company supplies a do-it-yourself security system with motion sensors and video cameras, which can be watched remotely. The starter kit, which includes two sensors, costs $229.99.

AT&T also has a security app, AT&T Digital Life, which starts at $29.99 a month plus a $149.99 fee for equipment and installation.

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(But, remember, he wasn't always an old ugly man - once, he was just ugly)

Are you a sugar addict?

Quiz. Dr. Joel Fuhrman, the best-selling author of "The End of Diabetes," has the answer.

Got a high from those M&Ms? Blame science. Nutritional researcher Dr. Joel Fuhrman says that sugar addiction is just as serious as a cocaine problem: "Low-nutrient foods rich in sugar, oils, white flour and salt have similar biochemical effects in the brain as addictive drugs," he tells Metro. "Because they tend to be especially palatable, these foods activate reward pathways in the brain and produce toxic withdrawal symptoms often misinterpreted as hunger, driving us to eat even more." But unlike drugs, sugar is legal and cheap, he warns. Take this quiz to find out if you're running on a sugar high.

1. Breakfast is:
A Fruits, nuts, vegetables or a whole-grain product.
B Unsweetened cereal with soy or almond milk.
C Conventional, sweetened cereal with cow's milk.
D A doughnut and coffee with sugar.

2. During the day you drink:
A Water or herbal tea.
B Coffee or tea, plain with no sweetener.
C Diet soda.
D Sugary soda, coffee or tea.

3. Mid-afternoon, you feel:
A Energetic, as always.
B A little sluggish, but you can still function.
C Slow. You reach for a cup of coffee or a diet soda in order to make it to the end of the day.
D Burned-out. You can't focus until you've had chocolate and a can of Coke.

4. Fresh fruit is:
A Sweet and delicious. You eat five pieces a day.
B Tasty. You have at least one piece of fruit every day.
C OK, but you'd rather have apple pie than an apple.
D Completely unappealing.

5. A sugar craving hits. How do you cope?
A This rarely happens, but when it does, you get on with your day, knowing it'll pass.
B Remind yourself that the food is not bringing you closer to your goal of excellent health and eat a piece of fruit instead.
C Find another sugary alternative to quell the craving.
D Get whatever it is you're craving, because you can't think about anything else.

6. It's been a long, hard day, so you:
A Exercise and try to relax.
B Space out in front of the TV with a stiff drink.
C Allow yourself one slice of cake or one piece of candy.
D Binge out on ice cream.

Now tally up the number of A's, B's, C's and D's you got.

ROMINA McGUINNESS
romina.mcguinness@metro.lu

Advice

Overcome your sugar addiction

It sounds insurmountable, but Dr. Fuhrman says that abstaining from the junk is the only way you'll nix the habit.

"Eating right is self-care, not deprivation. Lessen temptation by keeping your kitchen stocked with fresh fruit and vegetables and getting rid of any junk food you have at home. And don't be afraid to ask for support. Let your friends and family know that you're cutting back on the crap and eating for health."

Want a hit? / GETTY IMAGES, HEMERA

Results

- **Mostly A's.** You're aware of the dangers and addictive nature of sugar, so you don't include it in your diet.
- **Mostly B's.** There's some room for improvement in the nutrient density of your diet, but you do limit your sugar intake. Because you try and avoid eating too sweet, you don't often experience the addictive drives associated with these foods.
- **Mostly C's.** You're accustomed to excessively sweet tastes and often feel the drive to overconsume sugar-laden foods.
- **Mostly D's.** You're addicted and probably aware that your need for sugar is harming your health. Check the sidebar for tips on breaking the habit.

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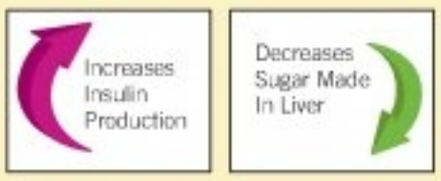

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Medication Guide

JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?

Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?

Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

Symptoms of a serious allergic reaction to JANUVIA may include:

- rash
- raised red patches on your skin (hives)
- swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

  Pregnancy Registry: If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **"What are the possible side effects of JANUVIA?"**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.
- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?

Serious side effects have happened in people taking JANUVIA.

- See **"What is the most important information I should know about JANUVIA?"**.
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
  - headache
  - drowsiness
  - weakness
  - dizziness
  - confusion
  - irritability
  - hunger
  - fast heart beat
  - sweating
  - feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **"Who should not take JANUVIA?"**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems**, sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.

General information about the use of JANUVIA

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them. This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

This Medication Guide has been approved by the U.S. Food and Drug Administration.

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USMG-T-04311305R011

Januvia (sitagliptin)
25mg, 50mg, 100mg tablets

DIAB-1050517-0019 08/13

Terms and Conditions

- This voucher is valid for 1 free 30-day trial supply of JANUVIA.
- Limit 1 voucher per patient for the duration of the program.
- Valid for 1-time use only. Free trial offer is valid only for up to 30 tablets of JANUVIA. No purchase is necessary. Refills are not required.
- This voucher is not transferable. No substitutions are permitted. Cannot be combined with any other free trial, coupon, discount, prescription savings card, or other offer.
- **This voucher is not insurance.**
- You must be 18 years or older to redeem this voucher. Patient, pharmacist, and prescriber agree not to seek reimbursement for all or any part of the benefit received by the recipient through this offer. The free trial supply of JANUVIA cannot be used toward any out-of-pocket costs under any plan (such as true out-of-pocket expense [TrOOP]).
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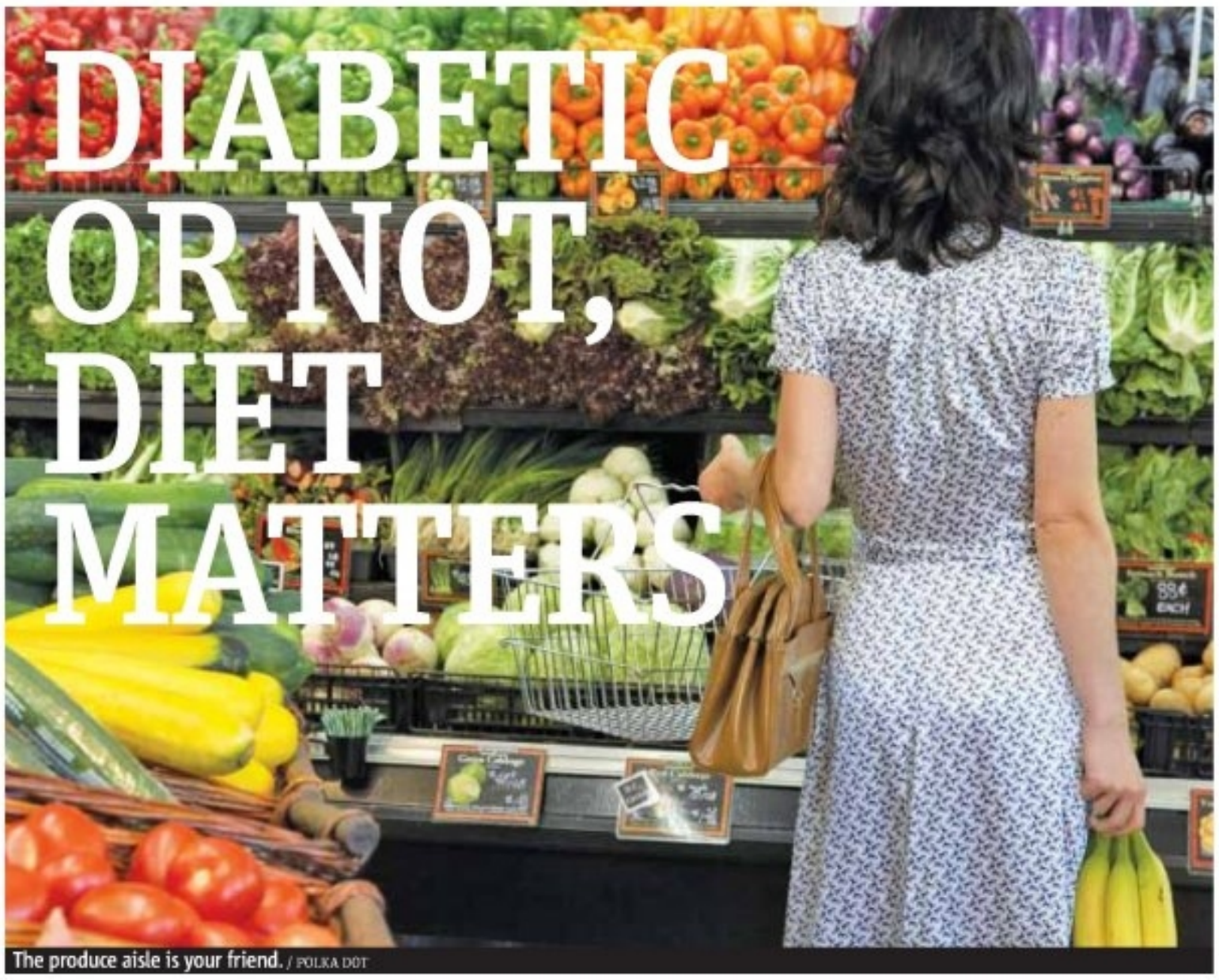
- **Expiration Date: 06/30/2014.**

Januvia® (sitagliptin) tablets

22 philadelphia Wednesday, November 13, 2013

DIABETIC OR NOT, DIET MATTERS



The produce aisle is your friend. / POLKA DOT

Health. Your lifestyle has a big impact on your likelihood of developing Type 2 diabetes.

VIRGINIA PELLEY
letters@metro.us

One of the best ways to prevent Type 2 diabetes? Eat like a diabetic.

That advice might sound counterintuitive, but researchers in Germany examining the effects of lifestyle choices on the mortality of people who have diabetes and people who don't concluded that both groups benefited from the same advice for a healthy diet: pack in fresh fruits and vegetables, whole grains and lean meats, and limit your intake of butter, fried foods and sweetened soft drinks. Although the advice is the same, diabetics have a 62 percent higher mortality rate than nondiabetics, so they will see even greater benefits from maintaining a healthy diet.

"Several decades ago, we told people with diabetes to avoid all sugar and sweets, but that thinking has fallen by the wayside," says Dr. Bob Cuddihy, head of Diabetes Medical for Sanofi U.S. "Now we don't recommend an absolute prohibition of sweets, but a balanced diet that's realistic and won't make people feel deprived."

The current figure is 1 in 10, but one-third of Americans could have diabetes by 2050, the Centers for Disease Control projected in 2010. The majority of people with diabetes, a metabolic disorder, have Type 2, which means that the body doesn't use insulin — the means for getting glucose into your cells for energy — properly. This is referred to as insulin resistance; in response, the pancreas starts overproducing insulin to normalize blood glucose (sugar) levels, but over time it won't be able to keep up.

"Consistently elevated blood sugar levels can put stress on the heart and affect blood flow to the extremities, causing long-term damage to your health," says Abigail Kennedy-Grant, a registered dietitian at the Diabetes Center of Mount Sinai Hospital in New York City.

Although one of the risk factors for Type 2 diabetes is age — you're at greater risk after the age of 40 — the incidence of Type 2 diabetes in young people is rising at an alarming rate.

Other risk factors are obesity, family history, having diabetes while pregnant, a sedentary lifestyle, and your race and ethnicity. African-Americans, Hispanics, American Indians/Alaska Natives, and some Asian-Americans and Pacific Islanders are more likely to develop Type 2 diabetes that Caucasians.

The increase in obesity rates is considered a major contributor to the rise in Type 2 diabetes cases. Sugary beverages are oft-cited contributors to the weight problem in the U.S.; study results published in April suggest that drinking even one can of soda per day can raise your risk for developing Type 2 diabetes by 22 percent. Despite the disease's prevalence, lifestyle changes such as exercise and diet can help many people prevent it or bring it under control, even without medication.

Losing 5 to 10 percent of your body weight can reduce diabetes risk for overweight people, says Kennedy-Grant, who recommends at least 30 minutes of moderate physical activity a day and a mindful approach to eating. "It's important to have a support system when it comes to food prep and shopping," she adds. "Everyone in the family eating the same way and supporting each other rather than feeling like there needs to be two different meals will help kids learn to make healthier choices early on."

By 2050

1/3

One-third of Americans could have diabetes by 2050, the Centers for Disease Control projected in 2010.

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EDUCATION TOWARDS EMPLOYMENT

Horoscope

♏ Scorpio | Oct. 23-Nov. 21. Make travel plans, sign up for a course or gather information. No matter how you learn, it will end up being beneficial.

♐ Sagittarius | Nov. 22-Dec. 21. Stick close to home and take care of any renovations you want to make. Prepare for something that you are looking forward to.

♑ Capricorn | Dec. 22-Jan 20. You should take pride in what you do. Don't worry about the changes going on around you. Concentrate on what makes you happy.

♒ Aquarius | Jan. 21-Feb 18. Listen carefully, but don't bend to what someone else wants if it doesn't suit you. Make changes based on past experience.

♓ Pisces | Feb. 19-March 20. Avoid impulsive moves. Your focus should be on reaching your goals and turning whatever you do into a sweeping success.

♈ Aries | March 21-April 20. You'll be restless and emotional today. Don't feel pressured to react when you should be reviewing and re-evaluating. Time is on your side.

♉ Taurus | April 21-May 21. High energy will bring good results. Turn a power struggle into a positive situation. Romance will bring greater happiness.

♊ Gemini | May 22-June 20. Get in touch with old friends. It will encourage you to implement a positive change. Make your opinions known.

♋ Cancer | June 21-July 22. You probably won't please everyone, but as long as you are true to your word, you will command respect. A change in a relationship will bring you good fortune.

♌ Leo | July 23-Aug. 22. Look over your financial matters. Money may come from an unexpected source. A quick change of plans will be required.

♍ Virgo | Aug. 23-Sept. 22. Getting together with friends will be enlightening. The conversations will open your eyes. Love is in the stars.

♎ Libra | Sept. 23-Oct. 22. You'll be drawn to change, and emotional situations will develop among your friends and co-workers. Protect your interests.

BERNICE BEDE OSOL

Sudoku: Easy and hard

3								9
			4		3	1		
6		8		5				3
1	8	2				9		6
			6		5			
7		5				3	4	2
5				9		6		4
		9	5		4			
2								7

		8	9	7				4
	5			4				
		4				1	9	
8			4	1		3		
	1		7	9	5		2	
		9		8	2			1
	9	1				8		
				6			4	
6				3	7	9		

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Letters

Are visits to the vet covered?

The first phase of the Affordable Care Act was when the president said, "You can keep your insurance if you like it" and, "You can keep your doctor if you want to" and, "Medical costs will come down $2,500 for the average family." This was called Obamacare. The second phase was when the people found out their medical insurance policy may have been canceled or their doctor is no longer available to them or the price is now much higher. The president then tried to change the topic of discussion to immigration, the Israel-Palestine negotiation and raising the minimum wage. This should be called Obama-Don't Care. The last phase is when the people no longer trust the chief executive and they know his words are not reliable. They will call for a veterinarian because the president is a lame duck.

ARTHUR HORN, VIA EMAIL

Philippines need help

Re: 'Help victims of typhoon' (Metro, Nov. 12) I would like to thank Frederick R. Beddell Jr. for his letter regarding the current plight of Filipinos after Typhoon Haiyan. I was born and raised in the Philippines, and lived there until I came here in the U.S. almost 26 years ago. It is heart-wrenching for me to watch videos and photos of the typhoon's aftermath, of dead bodies covered in debris floating along the shores of Leyte and Samar. Filipinos are known for their resiliency and cheerfulness. If readers would say a prayer for the victims and survivors so that they may be granted the strength and determination to overcome the hardships, the Filipino people will be forever grateful.

LORNA DAVIES, VIA EMAIL

letters@metro.us

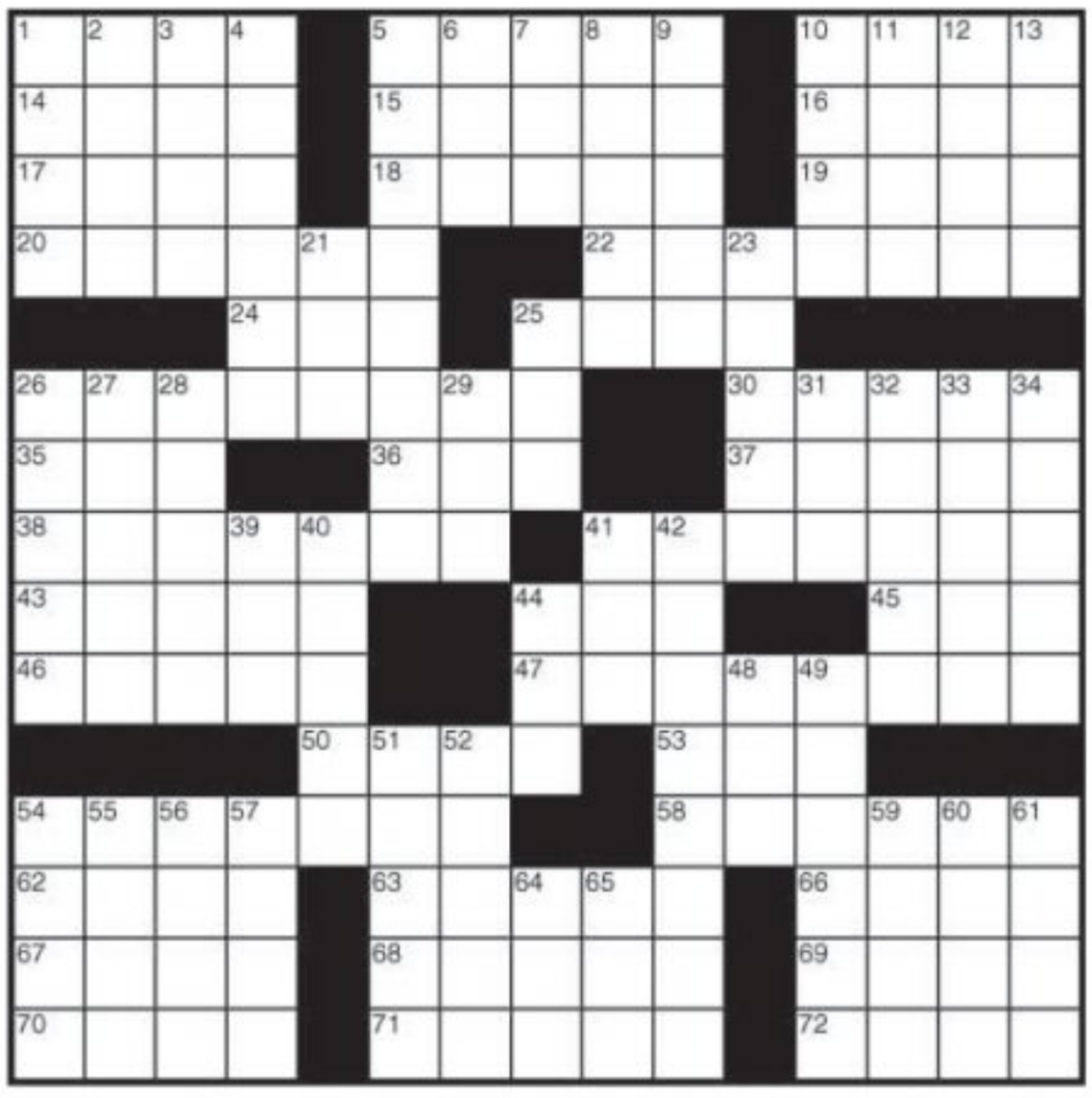
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

Crossword

Across
1 Open one's big mouth
5 Attic item
10 Frat-party attire
14 Rajah's spouse
15 — yoga
16 Fortas and Vigoda
17 On a rampage
18 Flawless
19 Webster or Wyle
20 Refutation
22 Ridicule
24 Zilch
25 Centurion's moon
26 Soundness
30 Doled out
35 — Baba and the Forty Thieves
36 Time to celebrate
37 Common practice
38 Singles
41 Eclipse
43 Gain admission
44 Checkbook amt.
45 Vim and vigor
46 Sleeps
47 Noisy insects
50 Give the eye
53 Prefix for "pod"
54 Funnel-shaped flower
58 Shade-loving plants
62 Dendrite's counterpart
63 100 kopecks
66 Lengthy story
67 Hiss
68 Do gumshoe work
69 Etc. relative (2 wds.)
70 Aria, usually
71 Robust
72 Pub missile

Down
1 Headless nail
2 Glittery fabric
3 Erelong
4 Two-piece suit
5 Cooler
6 "I've been —!"
7 Riviera summer
8 Famed orca
9 Eagle's gripper
10 Cistern
11 Band instrument
12 Forward or reverse
13 Wan
21 Support
23 Sartre contemporary
25 Drain cleaner
26 Obi-Wan Kenobi's foe
27 How some go it
28 Sings gaily
29 Motel room fixtures
31 PC button
32 Grayish-brown
33 White heron
34 Ocean trenches
39 Hire out
40 Match job
41 Galley mover
42 Cheerfully
44 Prior to yr. 1
48 — -Magnon
49 Greeted warmly
51 Circumference
52 Gene Tierney thriller
54 Move the puck
55 World's fair
56 Plug away
57 Till
59 Ciao, to the queen (hyph.)
60 Lab medium
61 Cellar contents
64 Keep out
65 "Put a — on it!"

Yesterday's answer



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Cooper finds approval by producing on-field

NFL. Riley Cooper has had a solid season after his offseason incident shook Philly.

Riley Cooper has five touchdown catches in the past five weeks. / GREGORY SHAMUS, GETTY IMAGES

This past summer, there was plenty of buzz surrounding wide receiver Riley Cooper. The label of "fantasy football sleeper" was the main tag being placed on the 2010 fifth round draft pick in early July. By Aug. 1, however, the only label Cooper had generated from the masses was that of "racist."

"[Cooper] is still a teammate. I'm still going to block for him. I'm still gonna show great effort. Just on a friendship level, and as a person, I can't really respect somebody like that," said Eagles running back LeSean McCoy of Cooper after an Internet video surfaced of the wide receiver using a racial slur at a country music concert.

Since that time, the Eagles have had enough on-field drama to make the masses slowly forget about Cooper's off-field transgression. Cooper himself has been relatively quiet in interactions with the media, but he has made plenty of noise with his play on the field — particularly of late. He has registered back-to-back games of 100 yards receiving and put up a whopping five touchdowns total in the road victories at Oakland and Green Bay.

This sudden end zone surge has put Cooper among the NFL leaders in touchdown grabs as only Calvin Johnson, Demaryius Thomas, Wes Welker, Dez Bryant and Brandon Marshall have more TD catches than Cooper's seven this season.

Cooper seems to have developed some chemistry with Nick Foles, as only one of those seven touchdowns has come off the arm of Michael Vick. With Foles unlikely to lose his starting job anytime soon given his recent play, Cooper could be in store for a few more big days in the next month or so. The wide receiver won't exactly be a beloved figure in Philly. Ever. But the city and his teammates seem to be ready to forgive for a while — all as long as he produces.

"Everybody gets a second chance, man," Linebacker Trent Cole told ESPN. "You have to forgive. We're all brothers. We're all together. If Riley was really [like he was in the video], he wouldn't be able to play for long. I think everybody embraced him. We're playing football together. It is what it is."

MATT BURKE
matthew.burke@metro.us

Well-received

Riley Cooper and DeSean Jackson are quickly becoming one of the better wide receiver tandems in the NFL:

- Cooper and Jackson both have seven touchdown catches this season.
- Jackson has 903 receiving yards this season, good for third in the NFL, behind only A.J. Green and Calvin Johnson. Cooper has 555 yards receiving.

Quoted

"It should never go away. I think we always should be aware of it and not brush it under the rug."

Eagles head coach Chip Kelly
on Monday regarding Riley Cooper's incident at a country music concert this past summer

3 SPORTS

Pot luck

Chiefs' Bowe busted

Chiefs wide receiver Dwayne Bowe was arrested Sunday morning in Kansas City for possession of marijuana and speeding. More than 10 grams of pot was found in Bowe's car. A Dec. 18 court date was set for Bowe.

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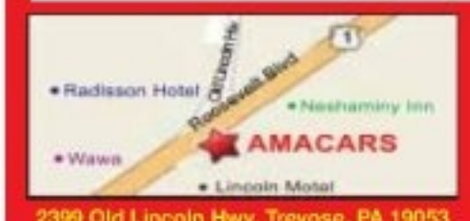

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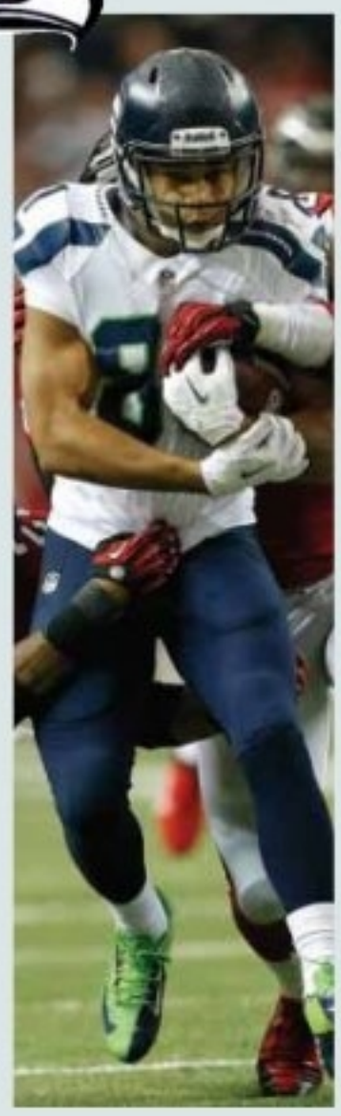
NFL power rankings

No. 1

Seahawks (9-1)



Where are all of those people who jumped off the Seattle bandwagon hiding now? The Seahawks rode Beast Mode — that's running back Marshawn Lynch — for 145 yards and a touchdown in a win on the road at the Falcons, avenging last year's playoff loss with a 33-10 rout in the process. Steven Hauschka continues to establish himself as one of the best kickers in the league (4-of-4, with three over 40 yards) and the defense chipped in by limiting a high-powered offense to just 226 total yards. How sweet was this one? "It's the best game we've played," said head coach Pete Carroll. Matchups with the Saints and 49ers await.

No. 2

Chiefs (9-0)

Kansas City was resting up for Sunday night's match-up against second-place Denver and a suddenly sore Peyton Manning.

No. 3

Broncos (8-1)

Four touchdown drives in 8 minutes and 15 seconds? That is about as efficient as it gets in the NFL. We can't wait for next Sunday.

No. 4

Patriots (7-2)

New England moves up because everyone else moved down. The bye week can never hurt you, but it sure can help you sometimes.

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by Mike Greger

No. 5

Saints (7-2)

Drew Brees continues to push Peyton Manning for MVP. But the biggest boon was Mark Ingram's 145-yard performance.

No. 6

Colts (6-3)

Reggie Wayne isn't walking through that door. Indianapolis needs to move past a really bad loss to St. Louis and get back to basics.

No. 7

Lions (6-3)

It's time to start taking Detroit for real. They can run it, they can throw it and they are one of the most resilient teams around.

No. 8

Panthers (6-3)

The hottest team in football (that's what we said last week) got hotter. They have the most underrated defense in football.

No. 9

49ers (6-3)

We're still waiting for QB Colin Kaepernick to turn in a repeat of Week 1. He's been very good at times, just not MVP good.

No. 10

Bengals (6-4)

The Jungle Cats killed themselves with stupid, stupid penalties. Cincy had 114 penalty yards versus 102 yards of offense in first half.

No. 11

Bears (5-4)

The offense looked better under backup QB Josh McCown, something the head coach admitted Monday.

No. 12

Cardinals (5-4)

Arizona is alive and well in the wild-card hunt, but they aren't going anywhere until Bruce Arians finds a way to get Larry Fitzgerald on track.

No. 13

Eagles (5-5)

Chip Kelly won't say it, so we will: Nick Foles is the starter for the rest of the season. New question, can he be the future of the franchise?

No. 14

Jets (5-4)

Good things come in two, like the expected return of the Jets' best skill players, Santonio Holmes and Kellen Winslow.

No. 15

Packers (5-4)

Aaron Rodgers could make a strong case for MVP of the league. He's that important to his team. Welcome back, Matt Flynn.

No. 16

Chargers (4-5)

The Bolts can keep up with anyone through the air — if only they could find a consistent running game from Ryan Mathews to match.

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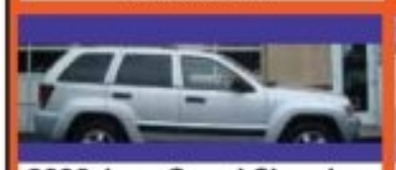
2006 Cadillac SRX — CD, OnStar, Leather

2006 Ford Explorer — All Power, Leather, Rear A/C

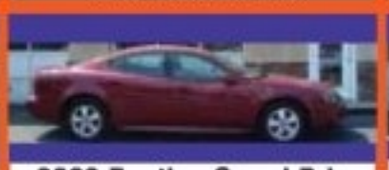
2006 Ford Fusion SE — CD, Sunroof, Keyless Entry

2006 Cadillac CTS — Navigation, OnStar, Leather



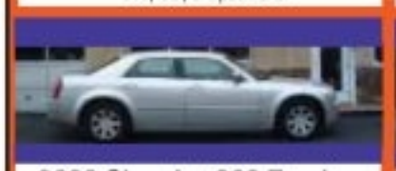
2006 Jeep Grand Cherokee — 4X4, CD, 6 Speakers

2006 Chevrolet Malibu LTZ — Premium Package, Sunroof, Alloy Wheels



2006 Pontiac Grand Prix — All Power, CD, Interior Air Filtration

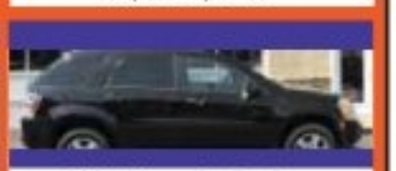
2008 Chrysler Pacifica — CD, Leather, Sunroof



2006 Chrysler 300 Touring — Navigation, MP3, Loaded

2006 Ford Five Hundred — CD Changer, Leather, A/C

2006 GMC Yukon Denali — Memory Seats, Rear A/C, CD



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Old man Ed

Reed released by Texans

On paper, it appeared the 2-7 Houston Texans threw in the towel on the 2013 season Tuesday as they released safety Ed Reed and placed running back Arian Foster on season-ending injured reserve.

Reed's play has noticeably dropped off this season, his first away from Baltimore.

"I'm held to a high standard because of what I've done in the past, but that was the past," Reed told ESPN. "I'm a totally different player now. Even when I did go there [in Sunday's Texans loss to Arizona], the ball didn't come my way."

Reed played just 12 snaps against the Cardinals. The chances of Reed landing back in Baltimore appear unlikely as ProFootballTalk.com reported the Ravens weren't interested. METRO

Alleged hazing

Meeting with Martin delayed by Dolphins

The Miami Dolphins, at the NFL's request, delayed their meeting with lineman Jonathan Martin, which was scheduled for Wednesday.

"Ted Wells and the National Football League have asked that we delay our meeting with Jonathan Martin until they have the opportunity to meet with him," said Miami CEO Tom Garfinkel in a statement.

Miami owner Stephen Ross has been vocal in recent days that he wants to "get to the bottom" of Martin's claims. Ross has spoken with Dolphins legends Dan Marino, Don Shula and Jason Taylor in regards to how he and coach Joe Philbin should go about improving the team atmosphere. METRO

MLB. Phillies agree to terms with free agent outfielder Marlon Byrd

Marlon Byrd cut his major league teeth in Philly and now he will wind down his baseball career at Citizens Bank Park.

Byrd, who played with the Phillies from his rookie year in 2002 through 2005, agreed to a two-year deal with the Phils worth a reported $16 million.

Philadelphia had been looking for a big right-handed bat and Byrd hit a career-high 24 home runs last season with the Mets and Pirates. Byrd was acquired by the Pirates for their stretch run in 2013 and had a home run in Pittsburgh's 6-2 wild card play-in victory over the Reds.

Byrd was nearly out of baseball prior to his 2013 redemption tour as he served a 50-game suspension for testing positive for performance-enhancing drugs in 2012. He played in just 47 games in 2012, hitting just one home run, and had just nine home runs in 119 games with the Cubs in 2011.

Byrd said that he had mistakenly used Tamoxifen in 2012, a medicine that counters estrogen hormone in the body.

The outfielder was traded away from the Phillies to Washington in 2005 in exchange for Endy Chavez. MATT BURKE

Marlon Byrd has agreed to terms with the Phillies. / GETTY IMAGES

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1015-25 S 12TH ST, PHILADELPHIA, PA 19147
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U-HAUL MOVING & STORAGE OF PHILADELPHIA
314-322 N 13TH ST, PHILADELPHIA, PA 19107
AUCTION DATE: 11/25/2013 TIME: 9:00 AM
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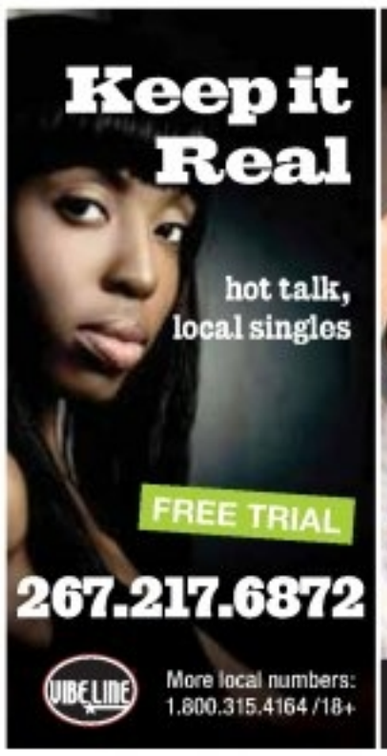

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